



## Subject card

|                                             |                                                                                                                                                                                                                                                                                                                                                                                |                                                          |                                                                                                                                                                                                  |                                     |                                              |            |     |
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| Subject name and code                       | , PG_00064567                                                                                                                                                                                                                                                                                                                                                                  |                                                          |                                                                                                                                                                                                  |                                     |                                              |            |     |
| Field of study                              | Architecture                                                                                                                                                                                                                                                                                                                                                                   |                                                          |                                                                                                                                                                                                  |                                     |                                              |            |     |
| Date of commencement of studies             | October 2026                                                                                                                                                                                                                                                                                                                                                                   |                                                          | Academic year of realisation of subject                                                                                                                                                          |                                     | 2026/2027                                    |            |     |
| Education level                             | first-cycle studies                                                                                                                                                                                                                                                                                                                                                            |                                                          | Subject group                                                                                                                                                                                    |                                     |                                              |            |     |
| Mode of study                               | Full-time studies                                                                                                                                                                                                                                                                                                                                                              |                                                          | Mode of delivery                                                                                                                                                                                 |                                     | at the university                            |            |     |
| Year of study                               | 1                                                                                                                                                                                                                                                                                                                                                                              |                                                          | Language of instruction                                                                                                                                                                          |                                     | Polish                                       |            |     |
| Semester of study                           | 1                                                                                                                                                                                                                                                                                                                                                                              |                                                          | ECTS credits                                                                                                                                                                                     |                                     | 0.0                                          |            |     |
| Learning profile                            | general academic profile                                                                                                                                                                                                                                                                                                                                                       |                                                          | Assessment form                                                                                                                                                                                  |                                     | assessment                                   |            |     |
| Conducting unit                             | Academic Sports Center -> Vice-Rector For Student Experience                                                                                                                                                                                                                                                                                                                   |                                                          |                                                                                                                                                                                                  |                                     |                                              |            |     |
| Name and surname of lecturer (lecturers)    | Subject supervisor                                                                                                                                                                                                                                                                                                                                                             |                                                          | mgr Kazimierz Rozwadowski                                                                                                                                                                        |                                     |                                              |            |     |
|                                             | Teachers                                                                                                                                                                                                                                                                                                                                                                       |                                                          | mgr Kazimierz Rozwadowski                                                                                                                                                                        |                                     |                                              |            |     |
| Lesson types                                | Lesson type                                                                                                                                                                                                                                                                                                                                                                    | Lecture                                                  | Tutorial                                                                                                                                                                                         | Laboratory                          | Project                                      | Seminar    | SUM |
|                                             | Number of study hours                                                                                                                                                                                                                                                                                                                                                          | 0.0                                                      | 30.0                                                                                                                                                                                             | 0.0                                 | 0.0                                          | 0.0        | 30  |
|                                             | E-learning hours included: 0.0                                                                                                                                                                                                                                                                                                                                                 |                                                          |                                                                                                                                                                                                  |                                     |                                              |            |     |
| Learning activity and number of study hours | Learning activity                                                                                                                                                                                                                                                                                                                                                              | Participation in didactic classes included in study plan |                                                                                                                                                                                                  | Participation in consultation hours |                                              | Self-study | SUM |
|                                             | Number of study hours                                                                                                                                                                                                                                                                                                                                                          | 30                                                       |                                                                                                                                                                                                  | 0.0                                 |                                              | 0.0        | 30  |
| Subject objectives                          | Approving of healthy style of life by means of physical activity.<br>Developing a correct body posture and building up physical fitness.<br>Getting to know basic information about sports disciplines.<br>Using the acquired knowledge in order to choose the proper physical activity.                                                                                       |                                                          |                                                                                                                                                                                                  |                                     |                                              |            |     |
| Learning outcomes                           | Course outcome                                                                                                                                                                                                                                                                                                                                                                 |                                                          | Subject outcome                                                                                                                                                                                  |                                     | Method of verification                       |            |     |
|                                             | [K6_K92] recognizes the importance of physical activity and its impact on the proper functioning of the body and plans pro-health activities, taking into account anatomical and physiological conditions                                                                                                                                                                      |                                                          | recognizes the importance of physical activity and its impact on the proper functioning of the body and plans pro-health activities, taking into account anatomical and physiological conditions |                                     | [SK3] Assessment of ability to organize work |            |     |
|                                             | [K6_K91] is aware of the importance of sports competition conducted in the spirit of fair play, using the knowledge of the rules and technical and tactical aspects of selected sports disciplines                                                                                                                                                                             |                                                          | is aware of the importance of sports competition conducted in the spirit of fair play, using the knowledge of the rules and technical and tactical aspects of selected sports disciplines        |                                     | [SK1] Assessment of group work skills        |            |     |
| Subject contents                            | Course content – exercises<br>Training motoric abilities<br>Teaching general fitness skills<br>Teaching and improving technical elements<br>Teaching and improving tactic elements                                                                                                                                                                                             |                                                          |                                                                                                                                                                                                  |                                     |                                              |            |     |
|                                             | Students on a doctors leave:<br><br>Rules of organizing sports training<br>Physiological mechanisms during physical effort                                                                                                                                                                                                                                                     |                                                          |                                                                                                                                                                                                  |                                     |                                              |            |     |
| Prerequisites and co-requisites             | a) A satisfactory physical condition allowing to participate in physical exercises certified by a medical check-up.<br>b) In case of students unable to participate in classes a doctors leave as requested: <a href="http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148f">http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148f</a> |                                                          |                                                                                                                                                                                                  |                                     |                                              |            |     |

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| Assessment methods and criteria                                | Subject passing criteria                                                                                                                                                                                                                                                                                        | Passing threshold                                                                                                                                                                                                                                        | Percentage of the final grade |
|                                                                | Active participation in classes                                                                                                                                                                                                                                                                                 | 80.0%                                                                                                                                                                                                                                                    | 75.0%                         |
|                                                                | Written exam                                                                                                                                                                                                                                                                                                    | 50.0%                                                                                                                                                                                                                                                    | 25.0%                         |
| Recommended reading                                            | Basic literature                                                                                                                                                                                                                                                                                                | A joint publication edited by Krzysztof Kaszuba, Piotr Buliński and Kazimierz Rozwadowski, entitled "Vademecum of physical education for the students of Gdańsk University of Technology.", Gdańsk, 2010<br>Syllabus worked out by the teachers/coaches. |                               |
|                                                                | Supplementary literature                                                                                                                                                                                                                                                                                        | lack                                                                                                                                                                                                                                                     |                               |
|                                                                | eResources addresses                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                          |                               |
| Example issues/<br>example questions/<br>tasks being completed | Which training stage goes first when we start practice sport?<br>What is DOMS?<br>Which country held the first football games?<br>Who invented basketball? Where was it?<br>List the markings of skiing routes ranging them from the easiest to the most difficult ones.<br>List the kinds of athletics events. |                                                                                                                                                                                                                                                          |                               |
| Practical activities within the subject                        | Not applicable                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                          |                               |

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